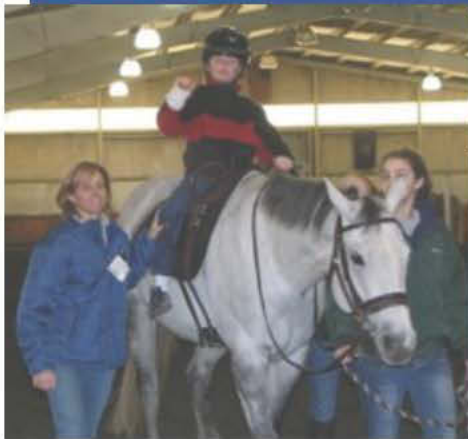




Our Mission

To offer increased access to athletic and recreational opportunities for persons with physical and developmental disabilities that will create freedom, promote independence, support inclusion and help those individuals and their families discover their full social, mental and athletic potential.

Meet The Third Largest Minority Population In The United States



- ❖ 11.9% of the US population age five and up are living with a disability; more than 36 million people
- ❖ There are approximately 6.5 million children in the United States living with a disability
- ❖ Approximately 11% of school-age children have special needs
- ❖ One in 88 people in the United States today are diagnosed with ASD, among boys the rate is one in 54
- ❖ 29% of American families have at least one member of their household living with a disability

Who We Are

- ❖ Founded in 1997 by a small group of volunteers
- ❖ Serve people of all ages with any type of physical and/or developmental disability
- ❖ Chapter of DSUSA
- ❖ Paralympic Sport Club
- ❖ PSIA Adaptive certified staff
- ❖ Extensively trained volunteers



What We Do



- ❖ Alpine Skiing
- ❖ Snowboarding
- ❖ Cross Country Skiing
- ❖ Snowshoeing
- ❖ Waterskiing
- ❖ Kayaking & Canoeing
- ❖ Cycling
- ❖ Hiking
- ❖ Golf

Why It Matters

- ❖ Prevent health problems and reduce the risk of developing secondary illnesses related to the primary disability
- ❖ Develop greater autonomy and independence
- ❖ Gain confidence and skills without fear of judgment
- ❖ Allow people with cognitive disabilities such as autism to participate in sports that do not require them to read complicated social cues
- ❖ Learn goal setting skills and other achievement oriented behaviors
- ❖ Increase self esteem and confidence
- ❖ Break down barriers and preconceived notions about people with disabilities



Why It Matters

- ❖ Reduced health-care costs
- ❖ Reduced social isolation; increased ability to participate with family and friends
- ❖ Higher rates of academic success
- ❖ Higher rates of employment and fewer lost work days due to disability related illness
- ❖ Societal change in attitudes and perceptions about people with disabilities and their contribution to society



Honoring Our Service Men and Women

- ❖ More than 5.5 million American veterans living with a disability
- ❖ 3.6 million have service-related disabilities
- ❖ Returning military personnel from wars in Iraq and Afghanistan:
 - ❖ 320,000 Traumatic Brain Injuries
 - ❖ More than 50,000 with serious, life altering physical injuries other than TBI
 - ❖ 400,000 suffer from PTSD and other battle related stress
 - ❖ These numbers will continue to rise



Honoring Our Service Men and Women

Soldiers For Soldiers

- ❖ Opportunity to learn or re-learn sports and recreational activities
- ❖ Safe nurturing environment
- ❖ Bond and mentor based on shared experiences
- ❖ Integration of sports and recreation with healthy living workshops
- ❖ Free of charge to all veterans and active duty military personnel



Where We Are



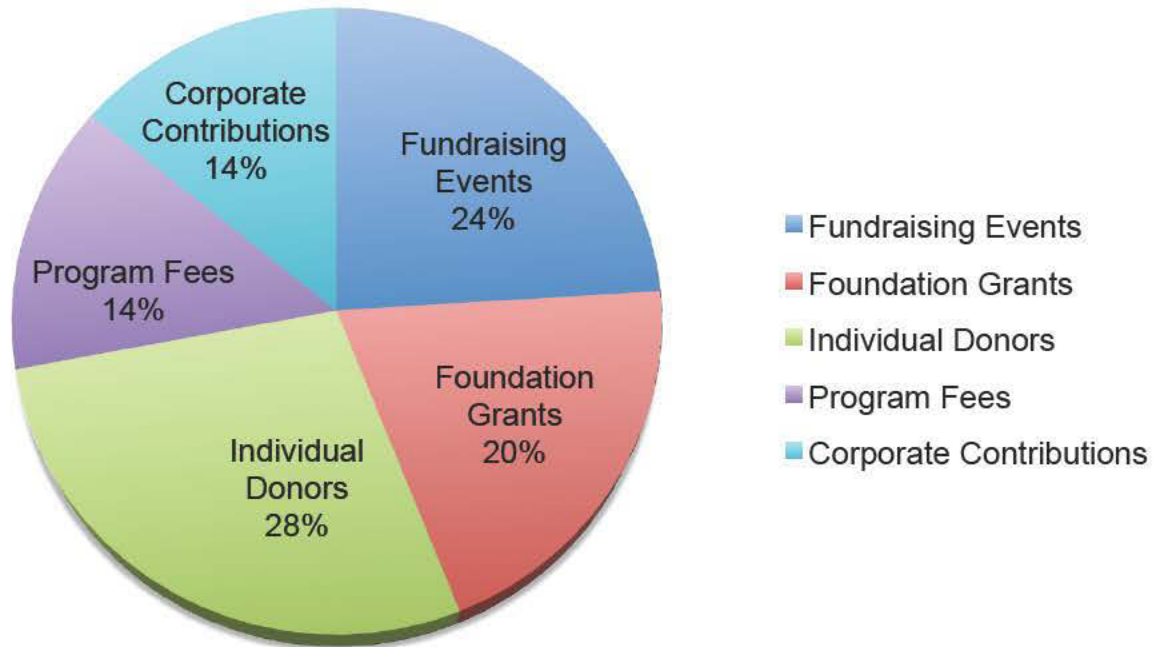
How We Do It

Small Core Staff • Hundreds of Trained Volunteers • Partnerships and Affiliates

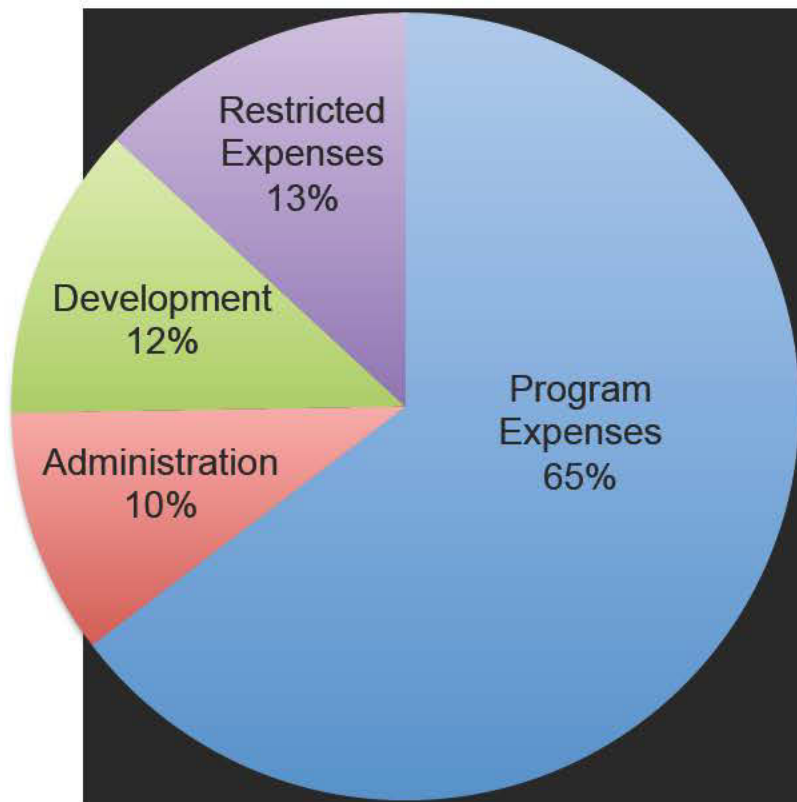
- ❖ More than 2000 individual ski/snowboard lessons during the 2011-2012 season
- ❖ School Programs
- ❖ AbilityPLUS Alpine Race Team
- ❖ Clinics; Demo-Days
- ❖ Collaborative programs throughout the northeast



How We Are Funded



Where It Goes



- Program Expenses
- Administration
- Development
- Restricted Expenses

Where We Are Going

- ❖ Expand outreach
 - ❖ People with autism and other developmental disabilities
 - ❖ Veterans Associations and VA Hospitals
 - ❖ School programs
- ❖ Expand AbilityPLUS installation footprint
- ❖ Grow Paralympics and Special Olympics training programs
- ❖ Increase warm weather activities and summer camp programs



How You Can Help

- ❖ Tax Deductible Donation
- ❖ Create a Fundraising Campaign
- ❖ Sponsor an Ability*PLUS* Program, Event or Athlete

You may make a secure donation online, visit

www.abilityplus.org

Or by check or money order, payable to AbilityPLUS and mail to

Ability*PLUS*

855 Hanover Street #497

Manchester, NH 03104

www.abilityplus.org - 800-287-8415 - info@abilityplus.org





"I don't think mere words of thanks can adequately convey it. It is truly life changing to be able to take part in adaptive sports. Skiing has added so much to my life... It is wonderful to feel the wind in my face, see the periphery rushing by me, and hear the whoosh of the ski in the snow. I have learned perseverance, gained confidence... hopefully you are getting an idea of how big an impact you have had on my life."

"As a mom of a child with Autism, I am grateful for the opportunities you offer. Every child needs to have fun, and children with Autism learn so many life skills when offered patience and understanding, and the chance to play without judgment. Your program has helped in every aspect of my son's life. Thank you!!"



Do Something Good Today, *Enrich A Life.*

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